**Who can we signpost to for Mental Health support?**

**Useful phone numbers and resource websites.**

**www.Annafreud.org**

**Youth wellbeing directory**

**Young Somerset**

**Www.corc.uk.net/resource-hub/wellbeing**

**NSPCC**

**KOOTH**

**Sompar.nhs.uk**

**Self harm.co.uk**

**Samaritans**: for everyone(24/7) call 116 123

**Childline**: 19 years and under - 0800 1111

**Elefriends: Website:**http://elefriends.org.uk/

**MeeTwo Mental Help**

The MeeTwo App teaches YP aged 11+ how to help themselves by helping each other. MeeTwo is a free App.

* Increase access to support
* Identify specific issues via data that’s collected
* Welfare Liaison



**Somerset Big Tent**

Young people’s mental health and wellbeing (alliance VCSE)

An alliance of and voluntary sector early intervention Mental Health Services, that young people may choose to access in their local area.

A young person, parent or professional can contact the BigTent to find out what’s on offer in their area. We also provide current information on young people’s digital and interactive Mental Health Services.

Bereavement advice

Emotional Wellbeing support

Mental Health support

<https://www.cypsomersethealth.org/new_home>

**Young Minds Crisis**

**Messenger**

Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258

Answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

**www.Educationsupport.org: Counselling services**

**Papyrus** -: support for under 35’s: 0800 068 4141 Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
**Text 07786 209697**
**Email**pat@papyrus-uk.org